

PHASE 1

BASE HYPERPHROPHY

(MODERATE VOLUME, MODERATE INTENSITY)

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat</u>	3-4	1	2-4		8-9	~3-4 min	<u>Hack Squat</u>	<u>DB Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Pause Squat (Back off)</u>	0	2	5		8-9	~3-4 min	<u>Pause Hack Squat</u>	<u>Pause DB Bulgarian Split Squat</u>	Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	2	3	8-10		8-9	~2-3 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Walking Lunge</u>	1	2	10		8-9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Seated Leg Curl</u>	1	3	10-12		9-10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Leg Press Toe Press</u>	1	4	10-12		9-10	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	1	3	10-12		9-10	~1-2 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Bench Press</u>	3-4	1	3-5		8-9	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>Larsen Press</u>	0	2	10		8-9	~3-4 min	<u>DB Bench Press (No Leg Drive)</u>	<u>Machine Chest Press (No Leg Drive)</u>	Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.
	<u>Standing Dumbbell Arnold Press</u>	2	3	8-10		8-9	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>A1. Press-Around</u>	1	2	12-15		9-10	0 min	<u>DB Flye</u>	<u>Deficit Push Up</u>	Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.
	<u>A2. Pec Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Cross-Body Cable Y-Raise (Side Delt)</u>	1	3	12-15		9-10	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	Think about swinging the cable out and up as if "drawing a sword" from your side.
	<u>Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension</u>	1	3	8 + 8		9-10	~1-2 min	<u>Triceps Pressdown (12-15 reps)</u>	<u>DB Skull Crusher (12-15 reps)</u>	Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").
	<u>N1-Style Cross-Body Triceps Extension</u>	0	2	10-12		10	~1-2 min	<u>Single-Arm Tricep Pressdown</u>	<u>Single-Arm Cable Tricep Kickback</u>	Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso.

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Lat Pulldown (Feeder Sets)</u>	0	4	10		See Notes	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set.
	<u>Lat Pulldown (Failure Set)</u>	0	1	10+5		10	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.
	<u>Omni-Grip Machine Chest-Supported Row</u>	2	3	10-12		8-9	~2-3 min	<u>Incline Chest-Supported DB Row</u>	<u>Cable Seated Row</u>	Use 3 different grips for the 3 working sets (ideally going from wider to closer).
	<u>A1. Bottom-Half DB Lat Pullover</u>	1	2	10-12		9-10	0 min	<u>Cable Lat Pullover</u>	<u>1-Arm Lat Pull-In</u>	Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	<u>A2. Lat Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Omni-Direction Face Pull</u>	1	3	12-15		9-10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	1st set: low-to-high 2nd set: mid-range 3rd set: high-to-low
	<u>EZ-Bar Curl</u>	1	3	6-8		9-10	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Focus on contracting your biceps, minimize torso momentum.
	<u>Bottom-Half Preacher Curl</u>	0	2	10-12		10	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).

MANDATORY 1-2 REST DAYS

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Deadlift</u>	3-4	1	5		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting.
	<u>Stiff-Leg Deadlift</u>	0	2	8		8-9	~3-4 min	<u>Barbell RDL</u>	<u>DB RDL</u>	Think about doing a high-hip conventional deadlift with a slight bend in the knees.
	<u>Close-Grip Barbell Incline Press</u>	2-3	3	8, 5, 12		8-9	~3-4 min	<u>Close-Grip DB Incline Press</u>	<u>Close-Grip Machine Press</u>	Use ~45° incline and a grip width just outside shoulder width.
	<u>Chin-Up</u>	2	2	8-10		8-9	~2-3 min	<u>Underhand Lat Pulldown</u>	<u>Pull-Up</u>	Underhand grip, pull your chest to the bar, add weight if needed to hit RPE.
	<u>Leg Press</u>	2-3	3	10-12		8-9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Kroc Row</u>	2	2	10-12		8-9	~2-3 min	<u>Single-Arm DB Row</u>	<u>Meadows Row</u>	Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting.
	<u>Diamond Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.
MANDATORY 1-2 REST DAYS										

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat</u>	3-4	1	3-5		8-9	~3-4 min	<u>Hack Squat</u>	<u>DB Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Pause Squat (Back off)</u>	0	2	5		8-9	~3-4 min	<u>Pause Hack Squat</u>	<u>Pause DB Bulgarian Split Squat</u>	Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	2	3	8-10		8-9	~2-3 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Walking Lunge</u>	1	2	10		8-9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Seated Leg Curl</u>	1	3	10-12		9-10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Leg Press Toe Press</u>	1	4	10-12		9-10	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	1	3	10-12		9-10	~1-2 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Bench Press</u>	3-4	1	3-5		8-9	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>Larsen Press</u>	0	2	10		8-9	~3-4 min	<u>DB Bench Press (No Leg Drive)</u>	<u>Machine Chest Press (No Leg Drive)</u>	Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.
	<u>Standing Dumbbell Arnold Press</u>	2	3	8-10		8-9	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>A1. Press-Around</u>	1	2	12-15		9-10	0 min	<u>DB Flye</u>	<u>Deficit Push Up</u>	Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.
	<u>A2. Pec Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Cross-Body Cable Y-Raise (Side Delt)</u>	1	3	12-15		9-10	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	Think about swinging the cable out and up as if "drawing a sword" from your side.
	<u>Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension</u>	1	3	8 + 8		9-10	~1-2 min	<u>Triceps Pressdown (12-15 reps)</u>	<u>DB Skull Crusher (12-15 reps)</u>	Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").
	<u>N1-Style Cross-Body Triceps Extension</u>	0	2	10-12		10	~1-2 min	<u>Single-Arm Tricep Pressdown</u>	<u>Single-Arm Cable Tricep Kickback</u>	Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso.

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Lat Pulldown (Feeder Sets)</u>	0	4	10		See Notes	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set.
	<u>Lat Pulldown (Failure Set)</u>	0	1	10+5		10	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.
	<u>Omni-Grip Machine Chest-Supported Row</u>	2	3	10-12		8-9	~2-3 min	<u>Incline Chest-Supported DB Row</u>	<u>Cable Seated Row</u>	Use 3 different grips for the 3 working sets (ideally going from wider to closer).
	<u>A1. Bottom-Half DB Lat Pullover</u>	1	2	10-12		9-10	0 min	<u>Cable Lat Pullover</u>	<u>1-Arm Lat Pull-In</u>	Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	<u>A2. Lat Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Omni-Direction Face Pull</u>	1	3	12-15		9-10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	1st set: low-to-high 2nd set: mid-range 3rd set: high-to-low
	<u>EZ-Bar Curl</u>	1	3	6-8		9-10	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Focus on contracting your biceps, minimize torso momentum.
	<u>Bottom-Half Preacher Curl</u>	0	2	10-12		10	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).

MANDATORY 1-2 REST DAYS

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Deadlift</u>	3-4	1	4		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting.
	<u>Stiff-Leg Deadlift</u>	0	2	8		8-9	~3-4 min	<u>Barbell RDL</u>	<u>DB RDL</u>	Think about doing a high-hip conventional deadlift with a slight bend in the knees.
	<u>Close-Grip Barbell Incline Press</u>	2-3	3	8, 5, 12		8-9	~3-4 min	<u>Close-Grip DB Incline Press</u>	<u>Close-Grip Machine Press</u>	Use ~45° incline and a grip width just outside shoulder width.
	<u>Chin-Up</u>	2	2	8-10		8-9	~2-3 min	<u>Underhand Lat Pulldown</u>	<u>Pull-Up</u>	Underhand grip, pull your chest to the bar, add weight if needed to hit RPE.
	<u>Leg Press</u>	2-3	3	10-12		8-9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Kroc Row</u>	2	2	10-12		8-9	~2-3 min	<u>Single-Arm DB Row</u>	<u>Meadows Row</u>	Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting.
	<u>Diamond Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.
MANDATORY 1-2 REST DAYS										

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat</u>	3-4	1	4-6		8-9	~3-4 min	<u>Hack Squat</u>	<u>DB Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Pause Squat (Back off)</u>	0	2	5		8-9	~3-4 min	<u>Pause Hack Squat</u>	<u>Pause DB Bulgarian Split Squat</u>	Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	2	3	8-10		8-9	~2-3 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Walking Lunge</u>	1	2	10		8-9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Seated Leg Curl</u>	1	3	10-12		9-10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Leg Press Toe Press</u>	1	4	10-12		9-10	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	1	3	10-12		9-10	~1-2 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Bench Press</u>	3-4	1	2-4		8-9	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>Larsen Press</u>	0	2	10		8-9	~3-4 min	<u>DB Bench Press (No Leg Drive)</u>	<u>Machine Chest Press (No Leg Drive)</u>	Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.
	<u>Standing Dumbbell Arnold Press</u>	2	3	8-10		8-9	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>A1. Press-Around</u>	1	2	12-15		9-10	0 min	<u>DB Flye</u>	<u>Deficit Push Up</u>	Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.
	<u>A2. Pec Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Cross-Body Cable Y-Raise (Side Delt)</u>	1	3	12-15		9-10	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	Think about swinging the cable out and up as if "drawing a sword" from your side.
	<u>Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension</u>	1	3	8 + 8		9-10	~1-2 min	<u>Triceps Pressdown (12-15 reps)</u>	<u>DB Skull Crusher (12-15 reps)</u>	Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").
	<u>N1-Style Cross-Body Triceps Extension</u>	0	2	10-12		10	~1-2 min	<u>Single-Arm Tricep Pressdown</u>	<u>Single-Arm Cable Tricep Kickback</u>	Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Lat Pulldown (Feeder Sets)</u>	0	4	10		See Notes	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set.
	<u>Lat Pulldown (Failure Set)</u>	0	1	10+5		10	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.
	<u>Omni-Grip Machine Chest-Supported Row</u>	2	3	10-12		8-9	~2-3 min	<u>Incline Chest-Supported DB Row</u>	<u>Cable Seated Row</u>	Use 3 different grips for the 3 working sets (ideally going from wider to closer).
	<u>A1. Bottom-Half DB Lat Pullover</u>	1	2	10-12		9-10	0 min	<u>Cable Lat Pullover</u>	<u>1-Arm Lat Pull-In</u>	Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	<u>A2. Lat Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Omni-Direction Face Pull</u>	1	3	12-15		9-10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	1st set: low-to-high 2nd set: mid-range 3rd set: high-to-low
	<u>EZ-Bar Curl</u>	1	3	6-8		9-10	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Focus on contracting your biceps, minimize torso momentum.
	<u>Bottom-Half Preacher Curl</u>	0	2	10-12		10	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).

MANDATORY 1-2 REST DAYS

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Deadlift</u>	3-4	1	3		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting.
	<u>Stiff-Leg Deadlift</u>	0	2	8		8-9	~3-4 min	<u>Barbell RDL</u>	<u>DB RDL</u>	Think about doing a high-hip conventional deadlift with a slight bend in the knees.
	<u>Close-Grip Barbell Incline Press</u>	2-3	3	8, 5, 12		8-9	~3-4 min	<u>Close-Grip DB Incline Press</u>	<u>Close-Grip Machine Press</u>	Use ~45° incline and a grip width just outside shoulder width.
	<u>Chin-Up</u>	2	2	8-10		8-9	~2-3 min	<u>Underhand Lat Pulldown</u>	<u>Pull-Up</u>	Underhand grip, pull your chest to the bar, add weight if needed to hit RPE.
	<u>Leg Press</u>	2-3	3	10-12		8-9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Kroc Row</u>	2	2	10-12		8-9	~2-3 min	<u>Single-Arm DB Row</u>	<u>Meadows Row</u>	Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting.
	<u>Diamond Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.
MANDATORY 1-2 REST DAYS										

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat</u>	3-4	1	3-5		8-9	~3-4 min	<u>Hack Squat</u>	<u>DB Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Pause Squat (Back off)</u>	0	2	5		8-9	~3-4 min	<u>Pause Hack Squat</u>	<u>Pause DB Bulgarian Split Squat</u>	Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	2	3	8-10		8-9	~2-3 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Walking Lunge</u>	1	2	10		8-9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Seated Leg Curl</u>	1	3	10-12		9-10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Leg Press Toe Press</u>	1	4	10-12		9-10	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	1	3	10-12		9-10	~1-2 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Bench Press</u>	3-4	1	2-4		8-9	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>Larsen Press</u>	0	2	10		8-9	~3-4 min	<u>DB Bench Press (No Leg Drive)</u>	<u>Machine Chest Press (No Leg Drive)</u>	Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.
	<u>Standing Dumbbell Arnold Press</u>	2	3	8-10		8-9	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>A1. Press-Around</u>	1	2	12-15		9-10	0 min	<u>DB Flye</u>	<u>Deficit Push Up</u>	Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.
	<u>A2. Pec Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Cross-Body Cable Y-Raise (Side Delt)</u>	1	3	12-15		8-9	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	Think about swinging the cable out and up as if "drawing a sword" from your side.
	<u>Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension</u>	1	3	8 + 8		8-9	~1-2 min	<u>Triceps Pressdown (12-15 reps)</u>	<u>DB Skull Crusher (12-15 reps)</u>	Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").
	<u>N1-Style Cross-Body Triceps Extension</u>	0	2	10-12		10	~1-2 min	<u>Single-Arm Tricep Pressdown</u>	<u>Single-Arm Cable Tricep Kickback</u>	Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso.

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Lat Pulldown (Feeder Sets)</u>	0	4	10		See Notes	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set.
	<u>Lat Pulldown (Failure Set)</u>	0	1	10+5		10	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.
	<u>Omni-Grip Machine Chest-Supported Row</u>	2	3	10-12		8-9	~2-3 min	<u>Incline Chest-Supported DB Row</u>	<u>Cable Seated Row</u>	Use 3 different grips for the 3 working sets (ideally going from wider to closer).
	<u>A1. Bottom-Half DB Lat Pullover</u>	1	2	10-12		9-10	0 min	<u>Cable Lat Pullover</u>	<u>1-Arm Lat Pull-In</u>	Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	<u>A2. Lat Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Omni-Direction Face Pull</u>	1	3	12-15		9-10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	1st set: low-to-high 2nd set: mid-range 3rd set: high-to-low
	<u>EZ-Bar Curl</u>	1	3	6-8		9-10	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Focus on contracting your biceps, minimize torso momentum.
	<u>Bottom-Half Preacher Curl</u>	0	2	10-12		10	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).

MANDATORY 1-2 REST DAYS

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Deadlift</u>	3-4	1	2		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting.
	<u>Stiff-Leg Deadlift</u>	0	2	8		8-9	~3-4 min	<u>Barbell RDL</u>	<u>DB RDL</u>	Think about doing a high-hip conventional deadlift with a slight bend in the knees.
	<u>Close-Grip Barbell Incline Press</u>	2-3	3	8, 5, 12		8-9	~3-4 min	<u>Close-Grip DB Incline Press</u>	<u>Close-Grip Machine Press</u>	Use ~45° incline and a grip width just outside shoulder width.
	<u>Chin-Up</u>	2	2	8-10		8-9	~2-3 min	<u>Underhand Lat Pulldown</u>	<u>Pull-Up</u>	Underhand grip, pull your chest to the bar, add weight if needed to hit RPE.
	<u>Leg Press</u>	2-3	3	10-12		8-9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Kroc Row</u>	2	2	10-12		8-9	~2-3 min	<u>Single-Arm DB Row</u>	<u>Meadows Row</u>	Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting.
	<u>Diamond Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.
MANDATORY 1-2 REST DAYS										

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat</u>	3-4	1	2-4		8-9	~3-4 min	<u>Hack Squat</u>	<u>DB Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Pause Squat (Back off)</u>	0	2	5		8-9	~3-4 min	<u>Pause Hack Squat</u>	<u>Pause DB Bulgarian Split Squat</u>	Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	2	3	8-10		8-9	~2-3 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Walking Lunge</u>	1	2	10		8-9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Seated Leg Curl</u>	1	3	10-12		9-10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight
	<u>Leg Press Toe Press</u>	1	4	10-12		9-10	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	1	3	10-12		9-10	~1-2 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	Bench Press	3-4	1	3-5		8-9	~3-4 min	DB Bench Press	Machine Chest Press	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	Larsen Press	0	2	10		8-9	~3-4 min	DB Bench Press (No Leg Drive)	Machine Chest Press (No Leg Drive)	Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.
	Standing Dumbbell Arnold Press	2	3	8-10		8-9	~2-3 min	Seated DB Shoulder Press	Machine Shoulder Press	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	A1. Press-Around	1	2	12-15		9-10	0 min	DB Flye	Deficit Push Up	Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.
	A2. Pec Static Stretch 30s	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	Cross-Body Cable Y-Raise (Side Delt)	1	3	12-15		9-10	~1-2 min	DB Lateral Raise	Machine Lateral Raise	Think about swinging the cable out and up as if "drawing a sword" from your side.
	Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension	1	3	8 + 8		9-10	~1-2 min	Triceps Pressdown (12-15 reps)	DB Skull Crusher (12-15 reps)	Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").
	N1-Style Cross-Body Triceps Extension	0	2	10-12		10	~1-2 min	Single-Arm Tricep Pressdown	Single-Arm Cable Tricep Kickback	Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso.

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Lat Pulldown (Feeder Sets)</u>	0	4	10		See Notes	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set.
	<u>Lat Pulldown (Failure Set)</u>	0	1	10+5		10	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.
	<u>Omni-Grip Machine Chest-Supported Row</u>	2	3	10-12		8-9	~2-3 min	<u>Incline Chest-Supported DB Row</u>	<u>Cable Seated Row</u>	Use 3 different grips for the 3 working sets (ideally going from wider to closer).
	<u>A1. Bottom-Half DB Lat Pullover</u>	1	2	10-12		9-10	0 min	<u>Cable Lat Pullover</u>	<u>1-Arm Lat Pull-In</u>	Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	<u>A2. Lat Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Omni-Direction Face Pull</u>	1	3	12-15		9-10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	1st set: low-to-high 2nd set: mid-range 3rd set: high-to-low
	<u>EZ-Bar Curl</u>	1	3	6-8		9-10	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Focus on contracting your biceps, minimize torso momentum.
	<u>Bottom-Half Preacher Curl</u>	0	2	10-12		10	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).

MANDATORY 1-2 REST DAYS

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Deadlift</u>	3-4	1	1		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting.
	<u>Stiff-Leg Deadlift</u>	0	2	8		8-9	~3-4 min	<u>Barbell RDL</u>	<u>DB RDL</u>	Think about doing a high-hip conventional deadlift with a slight bend in the knees.
	<u>Close-Grip Barbell Incline Press</u>	2-3	3	8, 5, 12		8-9	~3-4 min	<u>Close-Grip DB Incline Press</u>	<u>Close-Grip Machine Press</u>	Use ~45° incline and a grip width just outside shoulder width.
	<u>Chin-Up</u>	2	2	8-10		8-9	~2-3 min	<u>Underhand Lat Pulldown</u>	<u>Pull-Up</u>	Underhand grip, pull your chest to the bar, add weight if needed to hit RPE.
	<u>Leg Press</u>	2-3	3	10-12		8-9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Kroc Row</u>	2	2	10-12		8-9	~2-3 min	<u>Single-Arm DB Row</u>	<u>Meadows Row</u>	Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting.
	<u>Diamond Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.
MANDATORY 1-2 REST DAYS										

SEMI-DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK TO PROMOTE RECOVERY AND TO PREPARE FOR THE NEXT 6 WEEKS!

WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat</u>	3-4	1	1-3		7	~3-4 min	<u>Hack Squat</u>	<u>DB Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Pause Squat (Back off)</u>	0	2	5		7	~3-4 min	<u>Pause Hack Squat</u>	<u>Pause DB Bulgarian Split Squat</u>	Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	2	2	8-10		7	~2-3 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Walking Lunge</u>	1	2	10		7	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Seated Leg Curl</u>	1	2	10-12		8	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Leg Press Toe Press</u>	1	2	10-12		8	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	1	2	10-12		8	~1-2 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard!

WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	Bench Press	3-4	1	3-5		7	~3-4 min	DB Bench Press	Machine Chest Press	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	Larsen Press	0	2	10		7	~3-4 min	DB Bench Press (No Leg Drive)	Machine Chest Press (No Leg Drive)	Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.
	Standing Dumbbell Arnold Press	2	2	8-10		7	~2-3 min	Seated DB Shoulder Press	Machine Shoulder Press	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	A1. Press-Around	1	2	12-15		8	0 min	DB Flye	Deficit Push Up	Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.
	A2. Pec Static Stretch 30s	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	Cross-Body Cable Y-Raise (Side Delt)	1	2	12-15		8	~1-2 min	DB Lateral Raise	Machine Lateral Raise	Think about swinging the cable out and up as if "drawing a sword" from your side.
	Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension	1	2	8 + 8		8	~1-2 min	Triceps Pressdown (12-15 reps)	DB Skull Crusher (12-15 reps)	Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").
	N1-Style Cross-Body Triceps Extension	0	2	10-12		8	~1-2 min	Single-Arm Tricep Pressdown	Single-Arm Cable Tricep Kickback	Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso.

WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Lat Pulldown (Feeder Sets)</u>	0	4	10		See Notes	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set.
	<u>Lat Pulldown (Failure Set)</u>	0	1	10+5		10	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.
	<u>Omni-Grip Machine Chest-Supported Row</u>	2	3	10-12		7	~2-3 min	<u>Incline Chest-Supported DB Row</u>	<u>Cable Seated Row</u>	Use 3 different grips for the 3 working sets (ideally going from wider to closer).
	<u>A1. Bottom-Half DB Lat Pullover</u>	1	2	10-12		8	0 min	<u>Cable Lat Pullover</u>	<u>1-Arm Lat Pull-In</u>	Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	<u>A2. Lat Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Omni-Direction Face Pull</u>	1	3	12-15		8	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	1st set: low-to-high 2nd set: mid-range 3rd set: high-to-low
	<u>EZ-Bar Curl</u>	1	2	6-8		8	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Focus on contracting your biceps, minimize torso momentum.
	<u>Bottom-Half Preacher Curl</u>	0	2	10-12		8	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).

MANDATORY 1-2 REST DAYS

WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
FULL BODY #1	<u>Deadlift</u>	3-4	1	4		7	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting.
	<u>Stiff-Leg Deadlift</u>	0	2	8		7	~3-4 min	<u>Barbell RDL</u>	<u>DB RDL</u>	Think about doing a high-hip conventional deadlift with a slight bend in the knees.
	<u>Close-Grip Barbell Incline Press</u>	2-3	2	8, 5		7	~3-4 min	<u>Close-Grip DB Incline Press</u>	<u>Close-Grip Machine Press</u>	Use ~45° incline and a grip width just outside shoulder width.
	<u>Chin-Up</u>	2	2	8-10		7	~2-3 min	<u>Underhand Lat Pulldown</u>	<u>Pull-Up</u>	Underhand grip, pull your chest to the bar, add weight if needed to hit RPE.
	<u>Leg Press</u>	2-3	2	10-12		7	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Kroc Row</u>	2	2	10-12		7	~2-3 min	<u>Single-Arm DB Row</u>	<u>Meadows Row</u>	Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting.
	<u>Diamond Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.
MANDATORY 1-2 REST DAYS										